



Learn..

- about the relationship between Alexander Technique and the CranioSacral system
- Learn to feel the gentle Cranio Sacral pulse
- Learn about the subtle lengthening and widening movement of the CranioSacral system and how you can use this to facilitate good use
- Learn how a specific CranioSacral release can unlock trauma from the body and improve balance and freedom of movement
- Learn to distinguish a craniosacral problem from habitual misuse.



Enjoy..

A 3 day intensive, practical course with plenty of guided “hands on” work on yourself and others.

Sharing, learning and exchange with Alexander Technique colleagues.

Beautiful, clean and affordable accommodation at Hof Tüshaus. A cosy, practical seminar centre located on a farm near the town of Dorsten, 30 kms from Essen and 70 kms from Dusseldorf in Germany.



www.alexandertechnik.com



Alexander Technique & CranioSacral Therapy

Dorsten - Germany
June 2017

Arrival
Friday June 23rd in
the evening

Departure
Monday June 26th in
the afternoon



Course details & Accommodation

Course fee: € 475 p.p. Register and pay before April 15th 2017 and receive a €50,- discount on your fee.

Course dates 2017:

Arrival Friday June 23rd between 6 pm and 7:30 pm. At 7:30 pm we will start the course. A simple dinner will be served at 06:30 for those who wish to have a meal. End: Monday June 26th at 16:00 hours.

Registration deadline: June 7th 2017. Cancellation is free of charge until this date. For cancellations up to two weeks before the course half the course fee is due. Later cancellations require payment of the full fee unless you can find a suitable replacement.

Accommodation Price for accommodation varies between € 20 and € 40 per night depending on whether you choose a single, or shared double, triple or quadruple room. Breakfast is included. (Bathroom and shower are in hall)

Meals are prepared for us and will cost approximately € 15 p.p. per day.

How to get there:

From Essen train Station you can take a train to Dorsten-Deuten which is only 900 m from Hof Tueshaus. Feel free to walk or arrange to be picked. up. The closest airport is Dusseldorf.

How to register

To register please send an email to kontakt@ikos-grosser.de and indicate the preference for your room accommodation and whether you plan to arrive before or after dinner on Friday.

Alexander Technique and CranioSacral Therapy with Elke Mastwijk

This intensive course is designed for Alexander Teachers who wish to explore the relationship between Alexander Technique and CranioSacral Therapy in depth.

From this course you will gain a basic theoretical and practical understanding about the body's CranioSacral System and how it affects poise and balance. We will work together in small groups during 3 days. During this time you will give and receive plenty of hands on work.

Course Content Every morning we will go through the anatomy of the CranioSacral system and it's relationship to the Alexander Technique. Then we will work in small groups with specific CranioSacral "hands on" positions. During the course you will learn to feel and recognize the lengthening and widening pulse of the CranioSacral system. From there we will take a look at the CranioSacral concept of unwinding. This is a specific technique to help release connective tissue and heal trauma.

The recurrent theme we will work with every day is how a healthy CranioSacral pulse serves as a foundation for balance and good use. The course is open to qualified Alexander Teachers. Previous knowledge and training on the CranioSacral system is welcome but not required. If you have attended my previous courses and wish to refresh your theoretical knowledge or if you wish to receive more guided hands on practice you are welcome to join.

Course language: English (translation to German available)

Elke Mastwijk teaches this course. She is an Alexander Teacher with 20 years experience and a CranioSacral therapist for people and for horses. Her passion is to bring understanding of the anatomy and influences of the cranio sacral system to the Alexander Technique work. She has spent more than ten years studying how CranioSacral problems affect use and the head, neck back relationship.

Sabine Grosser has trained with Elke for four consecutive years and will assist and translate to German where necessary.